

### BenchK wall bars 111+A204, light beech



The wall bars set 111+A204 includes the BenchK wall bars 100 including the pull-up bar PB204 and the gymnastics accessory A204 consisting gymnastic rings and swing board - the wall bars is a functional, safe and goodlooking device with a small footprint on which stretching, strengthening, corrective exercises or a complete workout can be performed. The possibilities for both adults and children are endless. For 200 years, Swedish wall bars have proven to be one of the best pieces of equipment for gymnastics exercises and training with your own body weight. BenchK's wall bars and pull-up bars convince with quality and functionality and meet all safety standards. Whether in the home, in physiotherapies, in hotels or in professional BenchK's wall bars are designed to serve not only as a functional piece of exercise equipment, but also as a beautiful piece of furniture.

CHF 839.00

The wall bars BenchK 111+A204 set includes the wooden BenchK wall bars 100 including the BenchK pull-up bar PB204 and the gymnastics accessories A204 consisting of gymnastic rings and swing board.

The wall bars with pull-up bar and gymnastics accessories is an attractive piece of sports furniture for the whole family and fits seamlessly into the living room. It can be used by any user, regardless of age and physical fitness, up to a weight of 120kg. The wall bars BenchK 111+A204 will help to improve the physical development of parents and can be a help to involve children in sports. Regular exercises on the wall bars contribute to the development of various muscle groups, spine and joint mobility. Joint exercises of adults and children on the ladder are also a good idea to spend time with the family.

The PB204 removable wooden pull-up bar can be mounted at different heights and allows you to perform exercises on different muscle groups. The wooden pull-up bar is can be removed if necessary. A well-designed suspension system provides a secure hold when the situation requires it. It can be

## **Shark Fitness AG**Stores in Wettingen (ZH) and Wil (SG)

056 427 02 25 info@sharkfitness.ch www.sharkfitness.ch

easily moved or hung in a different position.

The gymnastic rings are made of natural plywood. The belt length of the gymnastic rings is 210cm and are 2.5cm wide. The belts are manually tied to the upper section in loop form and secured at the very bottom. Metal and plastic elements are not necessary. The belts contain a clamp that ensures strength, safety and quick adjustment of the height. A round wooden swing with the diameter of 30cm is supplied with a cotton rope.

The following options fit the BenchK wall bars set 111+A204:

• Desk top (BT204) - beech wood desk top for the pull-up bar creates a stylish and functional desk for a child or an adult.

#### Wall bars BenchK 100:

Design: material made of beech wood (oiled by hand with natural oil)

Color: light beech wood
Maximum user weight: 120kg

Dimensions: W64cm x H220 x D10cm (without fittings)

Number of rungs: 8

Spacing between rungs 23.5cm Rung diameter: oval rungs 3x4cm

Minimum room height for installation: 230cm

Mounting: to the wall

Weight: 14kg

Maximum user weight: 120kg Warranty: 2 years for home use

#### Pull-up bar BenchK PB204:

Finish: beech wood material (oiled by hand with natural oil)

Color: light beech wood

Dimensions: W65.2cm x H41 x max. D58,4cm

Mounting: on the wall of the crossbar

Weight: 6kg

Maximum user weight: 120kg Warranty: 2 years for home use

#### **Gymnastics accessories BenchK A204:**

Design gymnastic rings: material made of plywood

Rocking board: material made of beech wood (oiled by hand with natural oil)

Color: light beech wood

Gymnastic rings: Belt width 2.5cm, belt length 210cm, belt color black, outer diameter of rings 15.5cm, thickness of rings 1.7cm, belts contain a clamp that ensures strength, safety and quick adjustment of

height (clamp from professional mountaineering)

Rocking board: Wooden board with diameter 30cm, cotton rope

Mounting: on the wall bars, pull-up bar

Weight: 2kg

Maximum user weight: 80kg Warranty: 2 years for home use

Important: Before use, check that the strap lock is closed correctly

# **Shark Fitness AG**Stores in Wettingen (ZH) and Wil (SG)

056 427 02 25 info@sharkfitness.ch www.sharkfitness.ch

Wall mounting on a partition thinner than 12cm and on a plaster wall is not possible. The decision and responsibility for the mounting method of the wall bars lies with the buyer. Mounting material (screws/dowels) is not included in the delivery.

The wall bars and pull-up bar are manufactured in Poland according to the Pan-European safety standards PN-EN 12346:2001, PN-EN 913:2019-03 for gymnastic equipment.